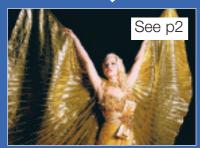
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PROUD (L-R): Lance Corporal Scott Garrett, Colour Sargeant Matt Walters and Private Matt Woollard, from the Royal Anglian Regiment, pay tribute to Tony Rawson (inset) with Tony's grandmother Olive Rawson, stepfather Gary Williams, mum Ann Williams, brother Ricky Rawson and father Alan Rawson.

ROAD NAMED AFTER DAGENHAM SOLDIER

By Peter Henn

A SOLDIER who gave his life in Afghanistan has been honoured by having a road named after him.

Private Tony Rawson, from Dagenham, was killed on Friday, August 10, 2007, when his patrol in Helmand province was shot at as it made its way to inspect an irrigation project.

He was 27 years old.

Now his sacrifice has been honoured after Barking & Dagenham Council named a street, Tony Rawson Way, after him - the first in London to be named after a fallen soldier of the Afghanistan war.

The road, in Dagenham, was unveiled by his family on Wednesday. His mother, Ann Williams, said the naming was a fitting tribute to her

She told the YA: "Tony was someone who was liked, loved and respected. I know he would have absolutely loved this, and he would have been very, very proud."

Private Rawson, a former pupil at the Robert Clack School, Gosfield Road, Dagenham, joined the army in 2002 and signed up for the 1st

Battalion Royal Anglian Regiment the following year.

He served in Iraq and was a keen boxer, representing his company in the army's inter-company boxing championships, which he won despite his diminutive stature.

Mrs Williams, 51, explained: "He had to take on someone who was a lot bigger than him, but he beat him. He was so quick."

His comrade and friend, Private Matt Woollard, said Private Rawson was a 'lovely, helpful, genuine' person, which earned him the nickname 'Nicor'. He explained: "I came into the army in 2005, and Tony just took me under his wing.

"When I was injured, he came to see me in hospital and we talked. He was such a lovely bloke.

"To have a nickname like 'Nicey', you have to earn it, and he did."



New trade scheme

A TRADERS' scheme has been launched for businesses across Barking and Dagenham.

and Dagenham.

'Buy With Confidence' is a way for members of the public to avoid cowboys and pick out genuine companies who have signed up to the scheme, which is audited by Trading Standards.

For more information, call 020 8215 3007, e-mail 3000direct@lbbd.gov.uk or visit www.buywithconfidence.gov.uk

Computer courses

A FREE computer training course in Barking will run for the next 19 years, according to a council website.

Advice on surfing the net, setting up and using an e-mail account and basic Word and Excel training will be given at the Town Square site until 2030.

Barking and Dagenham Council has set up the hour-long session from 7.30nm

Hall gets makeover

A DAGENHAM community hall will get a four-month makeover from 40 young offenders.

Barking and Dagenham Council's Youth Offending Service will take to Fanshawe Community Hall, in Barnmead Road, to give it a makeover.

Scores of offenders aged under 18 will paint, maintain and carry out basic repairs to the hall each week as part of their reparation orders.

week



Charity shop search for mannequins

page 5

YellowAdvertiser

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Competition



THE promoters of An Evening of Burlesque, which will take to the stage of the Cliffs Pavilion next week, have teamed up with Yellow Advertiser to give away five pairs of tickets. Hollywood new release Burlesque,

starring Christine Aguilera and Cher, is a current box office hit as the fascinating art form once again captures the world's imagination.

Now you can enjoy burlesque live at the Cliffs Pavilion, when it comes direct from London's West End on Friday, February 11.

The show, which promises to be tan-talising yet tasteful, camp and colourrecreates the tradition of Burlesque, with a modern-day twist, and includes special guests The Folly

To buy tickets for the show, contact the box office on 01702 251135 or visit www.thecliffspavilion.co.uk

For your chance to win one of five pairs of tickets, answer the following:

Q: At which theatre will the show be staged next week? A: Cliffs Pavilion **B:** Palace Theatre C: Queen's Theatre

To enter the competition, e-mail your answer, along with your name, address and telephone number to Liz Wade at

features@yellowad.co.uk **T&Cs:** The first five people to e-mail
the correct answer, along with their full contact details, will win the pairs of tickets. There is no cash alternative. Usual Yellow Advertiser rules apply. The Editor's decision is final.

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FOREIGN beauty, long, long hair, 20's yrs, seeks older male who can spoil someone like me. London area. Discretion assured. Tel No: 0905 436 0258 Box No: 356967

FEMALE 53, young looking, fashionable, trendy, likes nice restaurants, holidays, seeks gent with similar outlook. Tel No: 0905 436 0258 Box No: 325057 ₿ ₩

ATTRACTIVE homely, romantic lady, medium build, 51, seeks genuine, stocky, honest guy 41-58. Romford. Tel No: 0905 436 0258 Box No: 352827 €

65YR old slim brunette, caring, loving, many interests, arts, coastal walks, animals, cooking seeks attractive, compatible male, Dog or in Maidstone perfect. Tel No: 0905 436 0258 Box No: 383676

PROFESSIONAL generous petite lady looking for similar hardworking guy who enjoys to be spoilt and all the finer things life can offer us. Tel No: 0905 436 0258 Box No: 357161

FEMALE 29, HIV, likes cinema, music, countryside, cosy nights in, seeks good male. Tel No: 0905 436 0258 Box No: 357327

52YR old female, likes walks, animals, theatre cinema, seeks male for companionship/LTR. Tel No: 0905 436 0258 Box No: 357291

GOOD looking female, 30, slim, easygoing, outgoing, fun, seeks male, 30-40. Tel No: 0905 436 0258 Box No: 357741

CHOCOLATE sauce, 53yr old 5ft 4ins, Afro Caribbean female, lovely, curvy, fun, likes travel, music, seeks kind, respectful male, 50-63 with a large appetite for life. Tel No: 0905 436 0258 Box No: 357409

ATTRACTIVE Chinese lady, seeks Mediterranean/white gent, under 60, N/S, attractive, tall for LTR. Tel No: 0905 436 0258 Box No: 357397

ATTRACTIVE black lady, 37, seeks male, 40-45 for friendship, maybe more. Tel No: 0905 436 0258 Box No: 357923

MIXED race single mum, medium build, 2 boys, likes cooking, film, walks, seeks sincere white male, 48-58. Tel No: 0905 436 0258 Box No: 357873 6 No: 357873

BUBBLY outgoing nurse, (I love my uniform), fancy meeting up North London for some fun loving fun Tel No: 0905 436 0258 Box No: 356983

FUN loving student, 21yrs, seeks male of any age for fun in London, can travel and accommodate, I love a risk and having fun Tel No: 0905 436 0258 Box No: 356981

BABE seeks mature white male for discreet fun, you won't be sorry I know how to treat my man. Any area London **Tel No: 0905 436 0258** Box No: 356997

LATE 20's female seeking older male. Call to hear exactly what I'm like and looking for. I can meet anywhere in London at any time Tel No: 0905 436 0258 Box No: 356995

NICE lady 50, blonde hair, 5ft 5ins, attractive, homely, romantic, caring, genuine, seeks an uncomplicated fun only discrete medium-stocky build nice guy for LTR. Tel No: 0905 436 028 Box No: 338619 Discretion assured and expected plo No: 0905 436 0258 Box No: 356991

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COME live with me. Medic, petite, stunning, long hair, seeks very rich, tactile, generous gent. I will care for you forever. Essex. Tel No: 0905 436 0258 Box No: 351333

PENNY slim, sporty, attractive, excellent company, enjoys the outdoors, cycling, walks, sailing, theatre, travel, seeks intelligent, likeminded gent for friendship, maybe more. London. Tel No: 0905 436 0258 Box No: 351273

351273

TALL slim, blonde, blue, 60yrs young adventurous gal, seeks 6ft plus, N/S black guy of similar age or younger to care about. No: 0905 436 0258 Box No: 368444 🖁 🐷

YOUNG looking 62, size 12-14, nice personality, likes meals out, country pubs, places of interest, seeks sincere, honest male for friendship, maybe more. Tel No: 0905 436 0258 Box No: 350115

uzos Box No: 300115 BARBARA divorced, active, 5ft 7ins, dark hair/eyes, likes cinema, theatre, meals out, holidays, seeks intelligent male with GSOH for friendship, maybe more. Tel No: 0905 436 0258 Box No: 346745 KAREN 34, sexy leggy brunette who knows there's more to life than just work! WLTM confident professional male for time off meets in London and fun times. Tel No: 0905 436 0258 Box No: 342525 🗒 ATTRACTIVE lady, good shape, 62, blonde, genuine, seeks spontaneous male, 58-68 who can rock my boat forever. Tel No: 0905 436 0258 Box No: 336173 KIMBERLEY 26, blonde hair, blue eyes, size

14, seeks kind, generous male for friendship, maybe more. Tel No: 0905 436 0258 Box No: 346613

BRIGHT bubbly, curvy blonde, bit of a romantic, seeks loving male to share the fun loving side of life with. Looks unimportant. Tel No: 0905 436 0258 Box No: 338461 ₿ SHIRLEY 44, black, attractive, GSOH, seeks

white male for fun, nights out, cinema, meals etc. Tel No: 0905 436 0258 Box No: 356487 CARIBBEAN female, 60, 5ft 2ins, size 14, kes travel, cinema, theatre, seeks gentleman, 0-65. **Tel No: 0905 436 0258 Box No:** 60-65. **321075**

IRIS active 70, widow, GSOH, seeks N/S gent for meetings and meals out. Hornchurch. Tel No: 0905 436 0258 Box No: 355711

SUZANNE 35, beautiful blonde, seeks discreet male for chats and a relaxing glass of wine anytime. ACA, status unimportant. City are Tel No: 0905 436 0258 Box No: 342527

MEN seeking

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PAUL 56, seeks Spanish/Latino lady, 30-50 for loving, lasting relationship. Tel No: 0905 436 0258 Box No: 357821 [↑]

RUGGED fit, 42yr old white male, seeks black lady, 30-42 for relationship. Tel No: 0905 436 0258 Box No: 383794 🖺

SILVER fox. Wealthy, attractive 44yr old male, seeks female to pamper for fun times. Tel No: 0905 436 0258 Box No: 357445 ₫

TAKE a chance on me. Warm, sincere, young at heart, N/S 64yr old widower, 5ft 9ins, medium build, seeks sophisticated lady for loving relationship. London area. Tel No: 0905 436 0258 Box No: 357525

TOM 34, seeks female for fun times. Tel No: 0905 436 0258 Box No: 357665

WHITE male, 6ft, medium build, blue eyes, seeks Asian/black lady for LTR. Tel No: 0905 436 0258 Box No: 357907

44YR old guy 5ft 10ins, medium build, blue eyes, likes music, concerts, cinema, meals out, seeks female for romance leading to LTR. Tel No: 0905 436 0258 Box No: 357679 ₿

6FT 3ins male, honest, genuine, seeks likeminded queen, any age/looks. Tel No: likeminded queen, any age/looks 0905 436 0258 Box No: 383796 ₫

ACTIVE easygoing, N/S, 60's male, varied interests, seeks slender, positive, pleasantly spoken female in early 60's. Tel No: 0905 436 0258 Box No: 357853

BOB 52, 5ft 11ins, easygoing, likes most things, seeks single, N/S female, 47-58. Tel No: 0905 436 0258 Box No: 357807

HONEST male, 34, confident, 6ft, shaved head, athletic, seeks slim, attractive, honest female for fun times, maybe more. Tel No: 0905 436 0258 Box No: 357489 €

MALE 50, medium build, 5ft 8ins, laidback. wild the state of the distribution of the state of the s

MALE 43, medium build, GSOH, likes travel seeks female of similar age and traits for LTR. Tel No: 0905 436 0258 Box No: 357867

MALE 50, medium build, 5ft 8ins, quiet, friendly, genuine, honest, likes most things, seeks genuine female to share life with. Sevenoaks. Tel No: 0905 436 0258 Box No: 383770

MARK 62, builder, musician, dog owner, would be nice to rely on someone and really get on with each other. Tel No: 0905 436 0258 Box No: 357667

MATURE sincere gentleman, 57, blind from birth, looking for special someone, 40-65 for LTR, someone to be my partner and soul mate. Please no timewasters. Tel No: 0905 436 0258 Box No: 357523

NEVILLE 5ft 6ins, easygoing, Caribbean origin, professional, seeks female for friendship, maybe more. Tel No: 0905 436 0258 Box No: 357429

MARK honest, caring, 5ft 9ins, blue eyes, short hair, medium build, likes nights in, seeks female. Tel No: 0905 436 0258 Box No: 383340 🖁 📂

ANDREW 59, seeks similar aged female for friendship and LTR. Tel No: 0905 436 0258 Box No: 357261 0 CHRIS good looking, young 45yr old male, GSOH, 5ft 10ins, blue eyes, easygoing, smart, loving, up for good times, seeks female for friendship, maybe more. Tel No: 0905 436 0258 Box No: 357223 6

32YR old professional male, seeks female for friendship and relationship. Tel No: 0905 436 0258 Box No: 383644

HELPFUL attractive, young 43 male, 5ft 7ins, homely, family type, seeks pretty, petite, slim female for everlasting love. Dartford. Tel No: 0905 436 0258 Box No: 357207 €

SEAN 42, no ties, loving, affectionate, romantic, lots of TLC, seeks someone special. Tel No: 0905 436 0258 Box No: 357195 🗎

53YR old good looking male, seeks genuine female for LTR. Tel No: 0905 436 0258 Box No: 357129



ATTRACTIVE male, 42, OHAC, independent fun loving, likes travel, seeks female for sincere LTR. Tel No: 0905 436 0258 Box No: 383624 ∰

MALE seeks trustworthy female for friendship and serious relationship. Tel No: 0905 436 0258 Box No: 355739 🖁 🕡

ACTIVE easygoing, N/S, mid 60's male with traditional values and varied interests, seeks slender, positive, pleasantly spoken lady aged around 60. Havering. Tel No: 0905 436 0258 Box No: 354879

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BI male, 57, passive, tactile, seeks good looking, muscular male for occasional meetings. Tel No: 0905 436 0258 Box No: 357451

MALE 54, medium build, likes wrestling, seeks male for wrestling bouts. Tel No: 0905 436 0258 Box No: 357785

SENIOR bi male, N/S, clean shaven, seeks similar bi male in local area. Maidstone. Tel No: 0905 436 0258 Box No: 357781

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Could you bid a quid? > speedread

By Peter Henn

A CHARITY is calling on people to give up £1 a month to help those

stricken by cancer.

Mark McCarthy's Magic

Moments, which looks after patients under the care of Barking, Havering & Redbridge NHS Hospitals Trust, is launching the fundraising drive to commemorate its first year as an independent organisation.
The charity's chairman, Donna

Hurley, said she wanted to reach out to people across the three boroughs.

She told the YA: "If we can get 1,000 people to give what's more or less a bag of crisps a month, it'll be really good."

The group was originally set up as a fundraising branch of BHR Hospitals, and was founded in 1998 by the parents of Mark McCarthy - a 27-year-old from Ilford who died of leukaemia.

Mark, who worked in his hometown's branch of Marks & Spencer before his death, found he became increasingly isolated as his sickness got worse, and after he passed away, his mother and father set up the organisation to help those in a similar situation.



Last year, it became registered as a charity.

Donna said the idea was to prevent isolation.

The 45-year-old mother-of-twins explained: "Cancer patients end up feeling isolated, as do their carers, so we take them out and let them meet other people in the same situation. It really does make a differ-

If you want to help, go to www.markmccarthysmagicmoments.webs.com or write to Mark McCarthy's Magic Moments, 127 Ibscott Člose, Dagenham, Essex, RM10 9YU.

RAISING MONEY: Buth Lovell RAISING MONEY: HUTH LOVE!! and Donna Hurley want you to give a pound a month to Mark McCarthy's Magic Moments.

Picture by Roy Tillett

Hundreds march to

By Suzi Muston

HUNDREDS of angry campaignmarched through Ilford. protesting against plans to shut King George's accident and emer-

gency department.
The controversial plans - put forward by Health for North East London - would also see the hospital's maternity ward shut.

The protest was attended by parties across the local spectrum and key local figures such as MP Lee Scott (Ilford North - Conservative), Councillor Ross Hatful (Health Scrutiny - Labour), former councillor Ralph Scott (Liberal) and Councillor Keith Prince leader of Redbridge Council.

The guest speakers of the day were Darren Johnson (London Assembly, Green) and MEP Jean

Lambert (Green).

NHS supporters from various surrounding counties also joined the throng, including Councillor Samir Jassel (Gravesend Conservative), Len Hockey (Whipps Cross Unison), Dr Anna Medical (British Association) and Shirley Franklin (Defend Whittington Hospital).

The protesters met outside the Barley Lane hospital at midday on Saturday and worked their way to the town centre, where they were joined by hundreds more angry residents, religious and community

The march was the third and biggest yet, since the plans were first mooted in 2006.

The Reverend Brian Davison, from Seven Kings United Free Church, told the crowd he was

'worried' about the plans and said neighbouring Queen's Hospital, in Romford, was already at full capacity.

March organiser Wilson Choudhry said: "If the A&E shut down, King George's would be the only hospital in an outer London borough without its own A&E.

"People living in Redbridge will have to travel much to far to get to an A&E and the time it will take could be fatal with the density of London's traffic."

More than 4,000 signatures have been collected on a petition to keep the hospital open which, this week, is on its way to the Health

Secretary, Andrew Lansley. Health for North East London chiefs say the closures will improve the facilities for local peo-

Special offer at college eatery

THE Chef's Hat training kitchen at Barking and Dagenham College is offering a special offer where two can dine for just £10.

Food is prepared and served by the college's trainee chefs under the expert guidance of qualified

To book a table at the restaurant, call 020 8090 3020 or e-mail goodfood@barking dagenhamcollege.ac.uk

Engineering challenge

GET the 'eggs factor' at Greatfields Park in Movers Lane, Barking on Sunday, February 6.
Take on the famous

engineering challenge where you have to move an egg from one place to another without breaking it.

If you enjoy a challenge, this event is for you - to book your place, call 020 8595 4155.

Enjoy a relaxing walk in the park

A RELAXATION walk will take place in Greatfields Park, Movers Lane, Barking, this Saturday.

Enjoy a laid-back stroll with the ranger of Greatfields and learn how you can use the park to improve your wellbeing and relieve stress.

Anyone interested should meet at the Willow Sculpture at 2pm.

Play sessions for young people

PLAY sessions will be taking place in Eastbrookend Country Park this Sunday from 12noon until 1pm.

All youngsters aged seven to 16 can attend the open play session and no booking is necessary.

The meeting point for the event will be the grass in front of the Millennium Centre.

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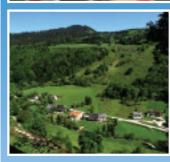
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By Peter Henn

getting ready to take part in a year of fundraising. The Co-op, in Dagenham Road, Rush Green, will be trying to raise money for Mencap. Store manager, Alan Horsup, said: "We want to boost the confidence of young people with a learning disability - we're all proud to have Mencap

A SUPERMARKET is

CHARITY FUNDRAISERS: Katie Furzer, customer services assistant at services assistant at the Co-op, in Dagenham Road, Rush Green, is hoping shoppers will give generously for Mencap. Picture by Roy Tillett

as our charity of the



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*Exempt from the London Congestion Charge. Customer must register with the TfL and make an annual £10 payment per vehicle. Failure to register will result in a fine. The Congestion Charge symbol is Crown copyright. Official fuel consumption in mpg (litres/ $100 \mathrm{km}$) for the Polo BlueMotion: urban 67.3 (4.2); extra urban 91.1 (3.1); combined 80.7 (3.5). CO₂ emissions 91g/km. Official fuel consumption in mpg (litres/100km) for the Golf BlueMotion: urban 60.1 (4.7); extra urban 83.1 (3.4); combined 74.3 (3.8). CO₂ emissions 99 g/km.

Barking Yellow Advertiser, Thursday, February 3, 2011

Charity's hunt for shop mannequins

By Peter Henn

CHARITY shop is looking for people to hand over some special items to help with a refurbisĥment.

Age Concern Havering, Hornchurch High Street, needs both mannequins and clothes rails to round off the store's recent refurbishment

Assistant man-Louise Bachini, "Our mannequins are in danger of falling apart and desperately need new ones.

"We always need rails and racks for our clothes, too, so we'd be grateful if anyone can help us."

If you can help, call the store on 01708 474016.

REFURBISH: Louise Bachini from Age Concern needs clothes rails and mannequins.
Picture by Roy Tillett



> speedread

Author talk

AUTHOR Bobbie Darbyshire will be at Barking Library on Friday, February 25.

The author of 'Love, Revenge and Buttered Scones' will be talking about learning how to write and her experience with agents and getting published.

The talk will start at 10.30am and finish at 12noon, at the library, in Ripple Road.

To find out more or to book a place, contact Denise Lovelace on 020 8724 8725.

Film night
A FREE film night will be held at Barking Library on Thursday, February 24, from 5.30pm.

The event is part of the monthly film night and will be held in the conference room at the learning centre.

Anyone wishing to attend or find out what the film is should contact the library, in Ripple Road, on 020 8724 8725.

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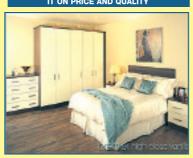


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For a great night's sleep

Work begins at sports centre

By Suzi Muston

WORK has begun to create a multimillion pound sports centre on the border Redbridge of and Newham.

The new £6million badminton and netball arena will used Olympic competitors from across

the world.

The building, in
Boris Road,
Barkingside, will house 12 inter-changeable netball badminton courts, stadium seating and an accommodation block for competitors to use.

There will also be 12 outdoor floodlit tennis and netball courts.

The sports centre also upgraded for those taking part wrestling and judo.

The venue will be open to the public from December. The only time it will be shut is during the six-week summer period leading up to, and including,

Redbridge Sports Centre chief executive, Ken Leggate, said: "We are thrilled to be the first and largest multi-sport Games-Time Training Venue to sign up for the London 2012 Olympic and Páraly mpic

The building was paid for the Olympic Delivery Authority, Sport E n g l a n d, B a d m i n t o n England, the London Marathon Trust, England Netball, Playsport London, LaFarge Environmental Trust, Foundation For Sport and The Arts and Grange Farm Trust

Councillor Sue Nolan, cabinet member for leisure, said: "This will help ensure Redbridge benefits from the 2012 Olympic and Paralympic

Games.
"The investment Redbridge fre will Sports Centre will benefit residents for generations to

Code-breaking



SOLVED: Dr James Grime with the Enigma.
Picture by Mark Cleveland

MACHINE invented to keep Nazi operations secret has now become an educational tool for schools across Essex.

The Enigma invented by German engineer Arthur Scherbius at the end of the First World War – is used by the University of Cambridge to teach schoolchildren

maths, science and history.

Dr James Grime, of the Enigma Machine Project, travels all over the world giving talks about code breaking and the technology behind the machine.

The 30-year-old, who gained a PhD in maths at York University, has visited more than 200 schools to give demonstrations.

He said: "The Enigma is one of

most interesting, exciting and exotic uses mathematics and we want to show peonle mathematical side of code breaking.

machine

teaches students history, maths, engineering, science and languages

"It took the Allies years to break codes but the Second World War in Europe ended two years earlier than planned because German messages were solved.

"I think everyone should take the time to see such a fascinating piece of technology."

Dr Grime, who grew up in Nottingham, got involved with the Millennium Mathematics Project at University of Cambridge because of his passions for codes.

The project also reveals the history of codes and teaches youngsters about how numbers are used in modern technology, such as credit

Enigma models were first used in the 1920s before the German military introduced the Wehrmacht

Secret messages produced by the Nazis proved difficult to break, but in December 1932, the Polish Cipher Bureau made a break-

Just weeks before the outbreak of the war in July 1939, the Bureau gave decryption techniques and equipment to French and British

military intelligence. This intelligence, codenamed 'Ultra', allowed the British to prepare for the D-Day landings.

It has been estimated that 100,000 Enigma machines were construct-

get involved with the Millennium Mathematics Project, call 07092 131080 or visit www.mmp.maths.org





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Saturday, February 5

■ Open Day - Wanstead Leisure Centre, Redbridge Lane West, Wanstead, organised by The Sport and Physical Activity Team to raise awareness of Active4Life, activities for all the family, 10am-3pm, free, enquiries 020 ■ Walk - West Essex Ramblers', meet leader

■ Walk - West Essex Ramblers', meet leade Oam outside Grange Hill Station, Manor Road, Chigwell, 8 mile walk in 'Dick Turpin Country', lunch time pub stop halfway. ■ Wanstead Place Walk - Organised by Redbridge Sport and Physical Activity team, meet 10.30 am entrance of Wanstead Place Surgery, all welcome, (approx. 1 hour), free. 020 8708 0952. ■ Free Golf Coaching - Fairlop Waters Golf Club and Country Park, Forest Road, Barkingside. Rance Rookies 11am-noon.

Barkingside, Range Rookies 11am-noon, Tour Tigers noon-1pm, free, for ages 8-15, limited places, booking advisable. 020 8500

 Sapnay School of Dance - The first ever
 UK Bollywood Dance Champions teaches
 Bollywood, Bhangra, Street and Hip Hop, Bollywood, Bhangra, Street and Hip Hop, classes 3pm onwards at Fitness First, 261-275 High Road, Ilford, 020 8248 5491.
■ Tennis - Small friendly Tennis Club in Ilford, we play throughout the year, (Sat afternoons, Sun mornings and three weekday afternoons), low fees, over 50s welcome, details Tom 020 8593 4365 or John 020 8592 1609.

Sunday, February 6

■ Meet Mrs Ingleby - Valentines Mansion. Emerson Road, liford, hands on tour of the Mansion, you are welcome to come in Victorian costume, all ages, 11.30am-12.15pm, 1.30-2.15pm and 2.45-3.30pm, free, enquiries 020 8708 8100.

Attermoon Tea - Valentines Mansion,

Emerson Road, Ilford, join artist Sadia Ur-Emerson Hoad, lindr, join arist Sadia Ur-Rehman for a traditional Chinese tea ceremony, adults and families with children 10 years plus, 2-3.30pm, free, booking essential. 020 8708 8100.

Club. start 10.30am from Wanstead Underground Station, 6 miles through
Wanstead Park and across the Flats, dry
lunch but pub nearby. 020 8926 4593.

Goresbrook Squash Club - We run Essex

Squash Men's and Ladies teams every Sunday 6.20-9pm, £3. 07814 902002.
Learn to Dance Modern Jive - Hainault Forest Community Centre, every Sunday 7-10.30pm, 07768 005858.

Sunday Service - Lighthouse Chapel State Control

International Church, Outset Centre, Frederick Street, Walthamstow, 11am-1pm. 07974 108350

■ Sunday Services, Kings Road Baptist Church, Chingford (junction of Kings Road and Scholars Road), 11am and 6.30pm.

Monday, February 7

■ Under 5s Club - Redbridge Museum, Central Library, Clements Road, Ilford, 1-5 years and families, 10.30-11.30am and 1-2pm, £1.50 per child, booking essential. 020 8708 2317.

- Organised by Redbridge Sport and Physical Activity team, Goodmayes Park, meet 11am entrance at Aberdour Treet i Tam enrance at Aberdour Road/Abbotsfield Road, all welcome, free, (approx. 1 hour), 020 8708 0952.

Music Circle - Music Listening Appreciation Group, Rectory Library, Rectory Road, Dagenham, every Monday 7pm (except Bank Holidays), admission free. 020 9509 9671.

8592 8821 8992 8821.

Yoga Classes - The Peterhouse Centre, Walthamstow, Mondays 1-3pm and at Tiptree Community Hall, Barkingside, 7.30-9.30pm, call Kay Russell 020 854 7168.

Short Mat Bowls - Warren Heath Short

Mat Bowls Club, Warren Junior School, Gordon Road, Chadwell Heath, Mondays

Gordon Hodal, Chadwell Heath, Miondays and Fridays 7pm, further details Tony or Heather 01708 340874. B. Rehearsals - Redbridge Ladies Choir, Canon Palmer School, Seven Kings, Mondays 7, 45-9, 15pm. 01708 780964 or 020 8550 8677.

Rehearsal - The Roding Players Orchestra, Henearsal - Ine Hodning Hayers Urch Roding Valley High School, Alderton Hill, Loughton (opposite the Underground Station), every Monday, 7.15pm, new members welcome. 020 8505 4329. Forest Highlanders - The Forest

Highlanders Pipes and Drums, St Cedds Church, Seven Kings, every Monday 8pm.

Church, Seven Kings, every Monday 8pm. 020 8529 0453.

Chingford and Walthamstow Chess Club - Priory Court Community Centre, every Monday 7.30pm, Tony 020 8524 0827.

Bingo - Friday Hill Community Association,

Coney Burrows Community Hall, Friday Hill, E4, every Monday and Wednesday 1.30pm

Tuesday, February 8

■ Meeting - Waltham Forest Family History Society, Spruce Hill Baptist Church Hall, Brookscroft Road, Walthamstow, 8-10pm, enquiries Barrie on 020 8527 4807.

enquiries Barrie on 020 8527 4807.

Meeting - Epping Forest District Stamp Club, Roding Valley High School, Alderton Hill, Loughton, (in T8 room), 7:30pm.

Meeting - Fibromyalgia Friendship and Support Group, Diabetes Centre, Barkingbridge Road, Newbury Park, Ilford, 1-3nm.

Sprii.

Walk - Organised by Redbridge Sport and Physical Activity team, South Park, meet 10am in car park adjacent tennis courts, lifford, all welcome, free, (approx. 1 hour). 020 8708 0952.

■ Walk - Organised by Redbridge Sport and Physical Activity team, Valentines Park, meet

Prhysical Activity fearn, Valentines Hark, meet 10am outside café in park, lifford, all welcome, free, (1-2 hours). 020 8708 0952. ■ Rehearsals - Gilbert and Sullivan - Chapel End Savoy Players, St John's Church, Chingford Road, Walthamstow, Tuesdays 8-10pm. 07852 928287. ■ Coffee Shop - Eastern Avenue Baptist

Church, East Road, Chadwell Heath, every Tuesday 10am, games, videos, friendship, all welcome. 020 8599 1479.

Stroke Club - Parkside Stroke Club,

Parkside Community Centre, Goodmayes Lane, Tuesdays 1.30-4pm. 020 8595 3973.

Wednesday, February 9

Fused Glass Workshop - Valentines ■ Fused cliass workshop - Valentines
Mansion, Emerson Road, (lford, adults, 1.304.30pm, £25 (includes all materials), spaces
limited, bookings 020 8708 8100.
■ Free Golf Coaching - Fairlop Waters Golf
Club and Country Park, Forest Road,

Club and Country Park, Forest Hoad, Barkingside, Range rockies 4.30-5.30pm, for ages 8-15, free, limited places, booking advisable. 020 8500 9911. Meditation Group - South Woodford, meditation instruction from a qualified instructor discussion and proprisional

instructor, discussion and occasional recorded talks, free of charge, donations welcome, every Wednesday 7.30-9pm. 07940 131572.

Live Blues Jam - Coach and Horses, 391 High Road, Leyton, featuring guests, regulars and house band musicians, entrance £2 listeners, £1 musicians, singers, drummers and musicians welcome, every Wednesday 8.30-11.30pm. 020 8502 0351.

Wings for Women Support Group - For

women who have experienced Domestic Violence or Abuse, Wednesdays 6.30-8.30pm, 0208 556 7111 or 020 8923 7498. Meeting - Talking Hands, a friendly Club for the Deaf and Hard of Hearing, Wednesdays 10.45am-2.45pm, York Room, Ilford Library.

Thursday, February 10

■ Walk - Organised by Redbridge Sport and Walik - Organised by Reciproge Sport and Physical Activity team, meet 11am Valentines Park, outside cafe in park, Ilford, (1-2 hours), free, all welcome. 020 8708 0952.

 Thursday Service - Lighthouse Chapel International Church, Frederick Centre, Frederick Street, Walthamstow, 7-9pm.

receienck Sireet, Walifarnstow, 7-9pm.

7979'1 08350.

Cheeky Monkeys Playgroup - St John's Church Hall, Leytonstone, every Thursday 10am-noon, toys, crafts, singing. 07740 586926.

Mention, Wandsod Peters (Ch. Count

■ Meeting - Wanstead Rotary Club, County

■ Meeting - wanstead Hotary Club, County Hotel, South Woodford, every Thursday 1-2.15pm, call David 020 8989 2701.
■ Meeting - Barking and Dagenham Friendship Club, Methodist Church, London Road, Barking, Thursdays 2-4pm, £1.50 a session, mainly for people who have had a cell best a metal one wife rights 070 9564 sad loss to make new friends. 020 8594 6439/020 8594 6409.

Woodford Symphony Orchestra - A friendly amateur orchestra, which performs concert and major symphonies in Redbridge, rehearsals every Thursday evening. 020 8504 7783.

Friday, February 11

■ Psychic Night - Magic and Glitter Fund Raiser event, Loughton Cricket Club, 11 The Uplands, Loughton, 7.30-11.30pm, platform mediums, readings, raffles and more, bar open, tickets £10, all proceeds towards our new Spiritual Healing Centre. 07956 622279. ■ Love Easy Valentines Craft Fair - Craft Guerilla, William Morris Gallery, Forest Road, Walthamtow, £2 ticket on door, 6-9pm, one day only.

walifamiow, £2 lickel of door, 6-9pm, one day only.

■ Jazz Evening - Valentines Mansion,
Emerson Road, liford, 7.30-9.30pm, drinks and nibbles during interval, adults, tickets £10 members, £12 non-members.

Ballroom, Latin and popular sequence action, talk and popular sequenciar sequence dancing, St George's Church, Gants Hill Avenue, class from 1.15pm to 2pm, tea dance from 2.15pm to 4.30pm.

Evening Walk - West Essex Ramblers', meet leader 6pm at Vauxhall tube station,

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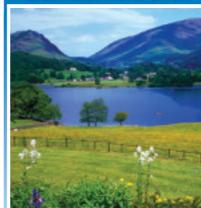


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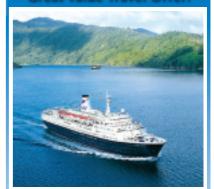
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Affordable homes show in Greenwich

The South East London Affordable Homes Show, which will promote over 500 affordable homes for sale, will be held in Greenwich later this month (February).

The show will take place on Saturday 19th February 2011 at the Queen Mary Room, Old Royal Naval College, Greenwich, between 11am and 4pm.

The South East London Affordable Homes Show, a free event hosted by Housing Options, will bring together major affordable housing providers operating in London including L&Q, Affinity Sutton, Family Mosaic, Moat, In Place, Wandle and Southern Housing, all of which will offer affordable properties across the capital.

As well as information about local schemes, Londoners will be able to find out more about products such as New Build HomeBuy and Rent to HomeBuy. These products provide high quality homes to anyone earning up to £60,000.

Would-be home buyers who qualify and earn between £14,000 and £60,000 will be offered the opportunity to potentially secure an affordable home at this year's Housing Options Show, with various deals on offer, including a selection of part buy, part rent, shared housing initiatives, with a minimum share typically starting from 25 per cent.

Some housing providers operating such as L&Q will actually offer opportunity to view - via a free shuttle bus service - nearby property developments such as The Artillery, Shooters Hill, where one, two and three bedroom properties are available starting from £180,000 with a minimum 25 per cent share being £45,000.

Nic Bealey, L&Q Director of Sales & Marketing, said: "The show is a great chance for Londoners to find out about affordable home ownership opportunities in the South East. More and more people are realising there are affordable and attractive alternatives to buying their first home on the open market. At Housing Options we have seen unprecedented levels of interest over the last year both online and at events." People who are trying to get a foot on the property ladder but are unable to attend the event, can log on and register their details at www.housingoptions.co.uk

Alternatively, simply log on to www.whathouse.co.uk where you will find a selection of new and affordable homes for sale.

> To find out if you are eligible for an affordable home, log-on to www.whathouse.co.uk. The website, dedicated to the new and



affordable housing sector, has a comprehensive list of new and affordable

homes for sale. By Marc Da Silva





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motoring news

Become a better driver

by Andy Enright

VEN those without a degree in statistics will be capable of realising we capable of realisting we can't all be above average drivers. In fact, logic dictates that every other car that passes us is driven by a distinctly sub particular to the car that passes the state of the car that passes the car that passes the state of the car that passes the car that pas driver. And yet despite this bald fact, precious few drivers have the humility or awareness to prioritise further driver

A number of large compa-nies have seen the light, giving advanced tuition to their drivers and vastly reducing the cost and downtime of accidents. BP, the BBC, Sothebys, Ernst and Young, TNT and Chevron Texaco all turned to one of the big play-ers in this market sector, IAM Fleet, the commercial driver training arm of the Institute of Advanced Motorists. Voted by industry fleet managers as the best driver training company in the 2003 Fleet Excellence Awards, IAM Fleet can call

upon years of experience. The IAM Test is based on the Police and Road Craft System of Car Control. As such, what the Examiner Expects on test is based around the Principles set down in Roadcraft (the Police Drivers Manual). Or more importantly, the IAM's interpretation of the Roadcraft principles in the IAM's own manual "Pass Your Advanced Driving /



However, the content of Roadcraft and Pass Your Advanced Driving Test is very broad and as a guideline, your drive should be based on the 5 S's of Advanced Driving: namely that driving should be Safe, Systematic, Smooth, with the correct use of Speed and with all-round Sparkle and panache.

panache.

If high speed is more of an attraction, why not take a course in track driving? There are any number available, ranging from an hour's tuition in your own car - which starts at around £150 - right up to full race schools at illustrious circuits such as Silverstone and Brands Hatch. Many car manufacturers run their own proprietary driver training courses and these can get very plush indeed. Lotus run a particularly good set up at their Hethel test track with both intermediate and advanced levels available at

very affordable rates. As an opportunity to elicit pearls of most talented drivers in the business, it comes highly rec ommended.

Of course, there are other ways to get your jollies whilst still learning more about driving. Although speed may not be on the agenda, an offroad course is always enormously exciting. Land Rover run some of the best in the business at a number of venues across Britain, offering both half and full day courses in the Land Rover product of your choice. These events have proved very popular as corporate
Team Building exercises and
certainly give rise to less festering resentment than the ubiquitous paintball excur-

Whatever your motivation, there's a huge variety of driver training opportunities out

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100's of caravans to choose from **Pre-owned from**

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CARS

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WE GUARANTEE TO PAY £170+ 🗥

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ANY TYPE OF VEHICLE WANTED

Scrap or Not £100 Minimum

Friendly, polite, 7 day service 7.00am-11.00pm

> 020 8594 6661 07963 203 528

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875 01277 631 646 07786 097

Cars, Vans Wanted for scrap 7 days per week Cash paid 07960 913 223

TODAY

1/2 HOUR ANYWHERE £700 MIN - £20,000 MAX

(vans wanted). High or low miles

7 days, 24 hours

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CARS & VANS

4x4s - MPVs - Trucks 07758 160 142

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Orders are accepted by the Publishers subject to the Standard Conditions agreed between the Newspaper Society and the Institute of Practitioners in

Orders are accepted by No.

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1. Advertisements are accepted on the conditions that (a) descriptions relatin to goods are accurate and in no way contravene the provisions of the Trade Descriptions Act 1968, and the Fair Trading Act 1973, and (b) the copy complies with the British Code of Advertising Practice. Advertisements offering credit or hire facilities must conform to the Consumer Credit (Advertisements Degulations 1980.

credit or nire facilities must conform to the Consumer Credit (Advertisements) Regulations 1980.

2. "Classified" Advertisers offering goods or service of a business, commercial or trade nature will, at the discretion of the Publishers, be deemed "Trade Advertisers", and as such, must include their names in advertisements. A tele phone number is an optional addition to these requirements and not an alter-native.

native.

To comply with the Business Advertisements (Disclosure) Order 1977, Trade Advertisers must make it clear that they are selling goods in the course of business either by content, format, size or place of the advertisement or by including words such as "trade", 'dealer', 'agent', wholesaler', '(T)' etc. in the

advertisement. 3. The Publishers accept no liability whatsoever for any loss or damage howwer caused arising out of:

(a) Any error, inaccuracy or omission in the printing or publishing of any

advertisement:

(b) Any failure to publish an advertisement on the day / date or day / dates specified by the advertiser; or

(c) Any delay in forwarding or omission to forward replies to box numbers to the Advertiser.

the Advertiser.

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or day / dates specified by time Auvertues that increases and a devertisement occurs for whatever reasons the advertisement will be charged to the nearest full centimetre. This will NOT apply to the full-page advertisements, which remain full pages even after shrinkage.

6. The Publishers reserve the right to reject and advertisement or to vary it in any way they deem fit, at any time before publication, whether or not the advertisement has already been accepted for publication. 7. Whilst every effort is made to minimise errors in advertisements, mistakes do sometimes occur. Advertisers or their apents should therefore check their advertisements and inform us of any errors immediately. Responsibility cannot be accepted for more than one incorrect insertion. Typographical or minor.

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cnariges, winch on lor affect the value or the advertisement, on not quality to republication or allowances.

8. All gross advertising rates (except classified lineage and semi-display) are subject to and include a 0.1% Advertising Standards Board of Finance sur-charge, payable by the advertisers to help finance the self-regulatory control system administered by the Advertising Standards Authority.

9. All rates quoted are subject to VAT at the rate currently in force at the time

The advertisement appears.

10. Should the rate for advertisements be altered the price for remaining insertions shall be revised accordingly or the publishers shall have the right treacel the unexpired portion of the order.

11. The placing of an advertisement order will be deemed an acceptance of these conditions.

Account facilities are granted at the discretion of the Company.
 All accounts must be settled within the terms agreed by the Company and

13. All accounts must be setueu whem are centre egance or the Customer.

(1) Should an advertiser be in breach of the agreed terms, the publisher shall be entitled to levy a 10% surcharge on the value of the whole debt in respect of accounts with terms of less than 30 days, and any discounts or commissions that had been allowed will be reclaimed.

(2) Regular monthly accounts that are in breach of the agreed terms will pay an interest rate of 6% above the current bank of England base rate for each month that the account is overdue and discounts or commissions that had been allowed will be reclaimed. Should Legal action be required the interest will be charged in accordance with the County Court Act 1984.

1984.

14. Where an advertiser instructs / appoints an advertising agent to act on their behalf, the advertiser will remain jointly and severally liable for pages. their behalf, the advertiser will remain jointly and severally liable for paymen in respect for an advertisement(s) should the appointed agent fail to pay. Foi the avoidance of doubt, the agent acts for the advertiser and not for the pub sher with the agent being responsible for notifying the advertiser of this lia

lisher with the agent being responsible for numying the advertises of the billity.

15. All queries must be notified, preferably in writing to the accounts department of the publisher within 7 days of the invoice date.

16. All digital services are maintained in partnership with the publishers' hosting service providers. Every effort is made to ensure the continuity of these services, but some occasional technical downtime beyond the publishers control may occur. The publisher and its associated companies shall be under no liability if the production and distribution of web services is delayed or prevented by any cause beyond the control of the publisher.

17. The Publisher may provide voucher copies for published advertisements in electronic form only subject to certain criteria. Further information is available on required.

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18. The copyright of advertisements produced wholly or partially by the
Publishers belong to the Publishers. Advertisers may not reproduce such
advertisements without the Publishers' consent.

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Box Numbers
Box Surphers
Boxes are open for the receipt of bona fide answers and are not available for distribution of trade canvassing matter. Original testimonials, goods, cash, cash stamps or payments of any kind must not be enclosed. A box Number and postal address are charged as part of the advertisement, i.e. Box No, centre address. There is no charge for forwarding replies.
Box numbers alone are not available for use in "Trade" advertisements, other than Employment and Business Opportunities.
Holiday & Travel Category
All advertising must contain the name of the advertiser, phone number alone lare not nermitted.

Data Protection
The service you have requested may require us to carry out a credit search at a credit-referencing agency, which will record the fact that a search has been made. We may need to share your information with other lenders and credit reference agencies. However, we will only use the information from these searches to make credit-granting decisions and, if necessary, for fraud prevention or tracing debtors.
Data controller will use your information for administration and analysis. We may share your information with other Tindle Group Newspaper companies or carefully selected third parties. We, or they, may send you details of other goods and services, which may be of interest to you. The information may be provided by letter, telephone or other reasonable means of communication. Calls may be recorded or monitored for training purposes.

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Special conditions apply with regard to the advertising of adult services, which are outlined to all persons submitting such advertisements.

Business Advertising

By phone

Recruitment: 01268 503 420 Classified: 01268 503 430 Monday-Thursday 9.00-5.30

Fri day 9.00-5.00 Calls may be monitored

Yellow Advertiser Acorn House

Great Oaks, Basildon, Essex SS14 1AH

01268 503 419

In person

Pop into our town centre office Monday-Thursday 9.00-5.30 Friday 9.00-5.00

Bargain

Buys

DRUM KIT, starter, Black Rat, full set, blue, inc seat, 18mths old, excellent condition, £70. Tel: 01702 352228 after 6pm.

LADIES MOUNTAIN BIKE.

mauve, 26in wheels, 15 spee excellent condition, £45. T 01268 767959.

SONY TV, 26IN,

£35. Tel: 07903 179016.

LITTLEST PET SHOP, big shop plus 14 little pets, various accessories, all good clean condition, £15. Tel: 01268 770695.

flatscreen, not slim, remote control, excellent condition,

TV STAND, black glass, oval, £50. EXERCISE BENCH, £15.

BIRD CAGE, gold, suit cockatiel, £20. Tel: 01702 552197.

TV, 28IN, good condition, working order, plus stand, buyer

WALL UNIT, SCHREIBER, 8ft

long, three sections, good condition, buyer collects, £30. Tel: 01268 451786.

2 VERY LARGE INDOOR YUCCA PLANTS - have out-

grown my conservatory bargain at £45 each ! Tel: 07922 364158

JOHN LEWIS, ALFORNO TWO BURNER GAS BBQ, brand new, boxed, £50. Tel: 020 8925 0701.

LADIES RALEIGH MOUNTAIN

BIKE, pink, 26in wheels, 12 speed, excellent condition, £35. Tel: 01268 767959.

MAHOGANY TABLE, FOUR

CHAIRS, two carvers, excellent condition, £80ono. Tel:

MAMAS and PAPAS PUSHCHAIR, footmuff, rain-

cover, changing bag, all for only £60ono. Tel: 0208 9880865.

SMALL DOG OR CAT SHEL-

TER for sale £25. NEW RABBIT

07812 007815.

£10. Tel: 07767

collects,

406194.

Acorn House, Great Oaks

Basildon

www.yellowad-jobs.co.uk

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Required to deliver the Yellow

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Please complete the form below and return to

the following address or email us at

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All applicants must be 13 years or over.

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Basildon, Essex SS14 1AH

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503400

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Advertiser

01268 503400

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020 8595 6783



WANTED GOOD HOMES **FOR RETIRED GREYHOUNDS** Ring Pat on

WANTED FOOTBALL PRO-

potlids, printed pots, enamel signs etc. I will collect and pay cash! Stuart Tel:07889 259745

Musical

THE PIANO MAN, pianos £395, Tuning, Removals, Rental scheme. 01268 541001, 01708 343455

Articles for Sale

Extra Tall Too! Shoes Up To Size 15 Visit Our Superstore Rayleigh Weir SS7 3NZ

01268 77 99 33

To advertise in this section please

Articles Wanted

FOOTBALL PROGRAMMES WANTED Cash paid for any pre 1970

Large collections (300+), after 1970 also considered

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Now On Up to 80" Waist & Chest

Produce This YA Advert For A Further 10% Off www.Bigclobber.com

TV STAND, black glass and chrome, three shelves, concealed cabling, excellent condition, £25. Tel: 01702 298142.

PALM BEACH SUNBED, single sided, six tubes, good working order, £30ono. Tel: 07729 002855 OVAL TABLE, SIX CHAIRS,

very good condition, £90ono. Tel: 01277 810854.

AEROBIC STEPPER, hardly used . With manual. £10 01375 679734. Tel: 07771 652376

HUTCH for sale £45. Will deliver free. Tel: 01268 473365 WASHING MACHINE BOSCH INTEGRATED. Good working order £45 ono. Tel: 07702

601759 SMALL DOG OR CAT SHEL-TER for sale £25. NEW RABBIT HUTCH for sale £45. Will deliv-er free. Tel 01268 473365

DOG CAR CARRIER. Fernlast 80cm, very good coi £40. Tel: 01702 553715.

MOSES BASKET, Mamas & Papas car seat, £60. Tel: 07961 840267.

LEATHER ARMCHAIR, cream £10ono. Tel: 01708 502999 after 4pm.

503400

5

By fax

01268 503 418

01268 503 455

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WANTED FOOTBALL PRO-GRAMMES & TICKETS. Collector seeks Tottenham, W Ham, Liverpool, Man U, Ham, Liverpool, Man Chelsea, Arsenal & finals es pre-1970.Tel:01245

GRAMMES AND TICKETS. Collector seeks Tottenham, W Ham, Liverpool, Man U, Chelsea, Arsenal and finals esp pre 1970. Tel: 01245 358660

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To advertise

in the

Classified

section of

this paper

call now on

telephone

01268 503400 **YellowAdvertiser**

503400

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Advertiser

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We also undertake:

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Replacement and repair

DIRECT

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Show this ad for genuine 10% discount

Skip Hire / Rubbish Removal

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E.P.D.M Rubber Roofing

Approved installers

20 year guarantee

No joins

No seams

Best prices

No leaks

Bargain Buys

WASHING MACHINE Zanussi, good working order, selling due to new kitchen, £50. DISHWASHER, BEKO, slimline, good working order, selling due to new kitchen, £50. Tel: 01708 507951

ELECTRIC GOLF TROLLEY. nearly new, was £180, like £80ono. PIERRE CARDIN, FIVE MENS SUITS, various colours, size 40 short, £25 each ono. Tel: 01268 682551.

HI-FI\CD STORAGE UNIT Dark wood £55. COFFEE TABLE to match £30. NAVY SOFA BED\4ft sprung mattress £95. very good condition. Tel: 07925 377019

KINGSIZE SATIN THROW, matching curtains, one cream/gold, one lilac/white, £40 each. PAIR 90 X 90 CURTAINS, burgundy with cream flower. £35. Tel: 07946 358921.

TABLES NATHAN. IAMP Excellent condition. £40 pair.
Will separate. SIDEBOARD /
DISPLAY UNIT TEAK. Excellent condition. £95. Tel: 01375

PINE CHEST DRAWERS, five drawers high, good condition, £20. PANASONIC, 32IN CRT TV, 100 htz, top of the ra fantastic picture, £70. Southend 521666.

TABLE and CHAIRS, wood, oval, extending to 7ft, plus four chairs and two carvers, very good condition, can deliver, £99. Tel: 01708 453490.

BED. 4FT 6IN. DOUBLE DIVAN, plus n still wrapped, can deliver, £83. UNDERLAY, full 18sq.yd roll, unused, still wrapped, deliver, £39, Tel: 01245 420743,

COOKER ELECTRIC WHITE WITH HALOGEN TOP UNDER 2 years old £99. ELECTRIC TREADMILL £99. STEP MACHINE £25 hardly used. Tel:07881 950671

DULUX PAINTPOD COM-PACT, only used once, plus two five litre pod paints, Matt, one white, one magnolia, Canvey area. Tel: 01268 692535

MATCHING SILVER FRIDGE and FREEZER, both fit under worktops, good working order, small dent on fridge door, buyer collects, £40 the pair. Tel: 01702

CURTAINS WITH LINING, taupe. lovely condition. wide x 224 long cms, £20. BAR-BIE PINK SCOOTER, up to 5 years, £5. Tel: 020 8531 8758

CURTAINS, pair approx 90in x 90in, cream self-patterned material, absolute excellent condition, £25. Tel: 01702 552363

FRIDGE, HOTPOINT, good condition, under worktop £20, COOKER, ZANUSSI, elec tric hob, very good condition £50. Tel: 020 8559 2428.

YORK FITNESS BENCH, with leg roll, two bar bells, two dumbbells, plus weights, bit tired hence £20 the lot. Tel: 01702 476720.

2 AND 3 SEATER MODERN SOFAS matching light brown fabric, excellent condition £65 and £85 each. Tel: 07733 222796

MAMAS AND PAPAS AMELIA DROP SIDE COT with play balls attached to cot. Includes

mattress excellent condition, £60 Tel: 07710 497972 PAIR OF ANTIQUE VICTORI-

AN (CIRCA 1870) MAHOGANY DINING CHAIRS very good CHAIRS very good £99. Tel: 01702

REEBOK FITNESS WORKOUT TRAMPOLINE, 40in diameter, 9in high, black and silver, excellent condition, as new, was £45, accept £15. Tel: 01268 763960.

BLACK LEATHER EXECUTIVE OFFICE extremely comfortable, full tilt, swivel action, immaculate condition, £65. COFFEE TABLE, rose wood, oblong, glass topped, lower shelf, excellent condition, £50. Tel: 01268 756924.

MOTHERCARE. COTBED, excellent condition, £20. BOYS MOUNTAIN BIKE, blue and silver, good condition great run FOOTJOY great runaround, £20. FOOTJOY LADIES GOLF SHOES, black and white, only worn once, excellent condition, £25, Tel: 01702 714886,

CHINESE RUG, green, very good condition, £20. HEAVY VELVET CURTAINS, dark blue, 85 x 64in, £15. PINE DECORA-TIVE SHELF UNIT, £20. CHAN-DELIER, THREE ARM, plus two matching double wall lights, £20. Tel: 020 8599 5535.

SET BOOKS, I Wonder Why series, 13 books, answer chil-drens questions, i.e. I wonder why my tummy rumbles, pyra-mids, etc, by Kingfisher, easy to read, nicely illustrated, very good condition, £12. Tel: 01268

DARK WOOD HI FI\CD STOR-AGE UNIT very good condition. £55. COFFEE TABLE to match very good condition. £30. NAVY SOFA BED\4FT SPRUNG MATTRESS very good condition. £95. Tel: 07925 377019

PINE CHEST OF DRAWERS AND BEDSIDE CABINET. Good condition. £30 for both. 4 PLACE DISHWASHER. Fits into cupboard. Excellent condition £25.SINGLE HEADBOARD beech wood. Excellent condition. £15. Tel. 01375 480572

FAST PC, PENTIUM FOUR, ideal school, college or surfing net, inc flatscreen, keyboard, mouse, ideal msn, facebook, ebay, software loaded, free delivery, £80. Tel: 01268

HEADBOARD, KINGSIZE, flat iron, very attractive, £45ono. FRIDGE, white, new, never used, under counter, small freezer compartment, Argos value range, was £99, accept £55ono. Tel: 01375 390193.

SINGLE DIVAN BED, clean mattress included, very good condition, possible delivery, £65. FRIDGE, UNDER WORK-TOP SIZE, 1yr old, excellent condition, possible delivery, £65. Tel: 01708 453490

VAX UPRIGHT VACUUM, with tools, good working order, £10. UM CLEANER and upright vacuum cleaner with tools, good working order, £10. Tel: 01268

WASHING MACHINE, automatic, white, family size, very good condition, possible delivery, £95. BED, DOUBLE DIVAN with mattress, good condition, possible delivery, £95. Tel: 01708 469127

BABY HIGHCHAIR BOOSTER SEAT with tray, good condition, £12. TOMY FREESTYLE BABY CARRIER, good condition, £8.
CHILDS TOY SHOPPING
TROLLEY, £5. Tel: 01375

FLECTRIC FIRE RFΔI ELECTRIC FIRE, REAL COALS, brass surround, 20in x 23in high, by Creative Fires of Knightsbridge, £45. ELECTRIC BLANKET, king size, brand new, unwanted gift, £35. Tel: 01375 370476.

GRACO QUATTRO TOUR TRAVEL SYSTEM Cream and brown. Comes with car seat and car base, footmuff and rain cover. Sturdy pram. All in Very good condition £55. Tel: 07525 011774 Basildon

BOOKCASE White H180cm W45cm D20cm, Tall half width MAKER BOXED, New and unused £10 Tel: 01708 459043

BOOKCASE, 70in high x 68in wide, inlaid, beautiful, excellent condition, was nearly £1000, accept £99. CORNER CABI-NET, excellent conditi £30ono. Tel: 01277 810854. condition.

BOYS MOUNTAIN BIKE, red and silver, 24in wheels, 15 speed, full suspension, front and back disc brakes, allow nearly new £70. Tel: 01268 767959

JOHN LEWIS, BEECH WOOD COTBED with mattress, £100, two available. BOYS BED LINEN, single duvet, car, helicopter, aeroplane theme, two available with coordinating curticipe and lempshoots. tains and lampshade, £50. VENETIAN BLIND, beech wood, coordinating lampshade, £10. TV and DVD COMBO with TV and DVD COMBO with stand, 26in, £50. SELECTION LADIES SUIT and EVENING WEAR, Next, Oasis, Coast, size 8, £10 each. Tel: Billericay area 07979 904034.

SHORT LEATHER BOMBER JACKET, black, fully lined, size 10, £30. SUEDE JACKET, light 10, £30. SUEDE JACKET, light mauve, short, collarless, size 10-12, fully lined, size 10-12, brand new, never worn, £30. SUEDE WAISTCOAT, light grey, silk back, brand new, size 10, £25. BARREL BLACK BAG, patchwork, soft leather, good condition, £10. Tel: 0.1702 344086 answer machine avail-

COTBED, white & pine wood. xcellent condition, £45, BEAU TIFUL PURE SILK SANDER-SON THROWOVER, matching cushions, chocolate, used in spare room, superb condition, £45 the set. NEXT, ROMAN BLIND, matching side curtains, 46in x 54in, black & cream flock pattern, £10 blind, as new, £20 curtains. Tel: 01268 768633.

MONT BLANC MENS RING. unusual double ring, silver, size R, was £200, selling £95. BAL-LET SHOES, peach serenade Pointe shoes, hardly worn, size 4 ½ C and 4 ½ E, £16 per pair. COLLECTIBLE CHRISTINE HALWORTH, Gypsy girl, £10. COLLECTIBLE WADE TOR-TOISE, early edition, £10. Tel: 01375 640689

GRATUITY BOX FOR WED-DINGS, handmade from ply-wood, hand painted, resembles a church, a must for any wed-ding, £50. FISH TANK, attractive stand, stainless pole underneath, all accessories, lighting heater, can be set up straight away, excellent condition, great starter tank, £50. Tel: 01268

SET 24 HARDBACK BOOKS. Disney presents, The Wonderful World of Knowledge, each book different subject, from Dinosaurs and planet each to space and human body, easy to read facts, beautifully illustrated for children, pictures of all favourite Disney characters. £25. Tel: 01268 770695.

COFFEE TABLE, black, circular, excellent condition, £15.
VARIETY CONTEMPORARY
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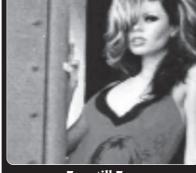
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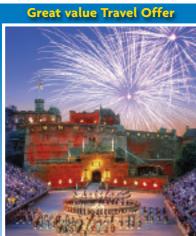
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Obinna fires a timely reminder as Irons beat Forest in FA Cup

West Ham United

ON-LOAN forward Victor Obinna fired a timely reminder to Avram Grant about his attacking abilities as West Ham reached the fifth round of the FA Cup. With strikers Demba Ba

With strikers Demba Ba and Robbie Keane arriving at Upton Park ahead of Monday's transfer deadline, the Nigerian bagged a hattrick as the Irons came back to beat Nottingham Forest 3-2.

After Wednesday night's disappointing exit from the Carling Cup, the Hammers started brightly and took the lead on four minutes when Obinna deflected Mark Noble's shot past Lee Camp.

However, the goal failed to settle the east Londoners and Forest muscled their way back into the game when veteran Dele Adebola stroked David McGoldrick's pass beyond Robert Green on 18 minutes.

The visitors then took the lead five minutes before half time as Green saved from his own defender -

Herita Ilunga - and McGoldrick put the ball over the line.

Any thoughts of a West Ham collapse were dashed two minutes later when Obinna equalised with his second of the day. The Inter Milan man's floated cross from the right drifted over the head of Camp and into the net.

And the action continued to come after half time as Joel Lynch fouled Winston Reid in the box and the ref pointed to the spot. Obinna converting for his hat-trick.

The Hammers were able to control the remainder of the game and the only surprise was that they did not add more to their tally.

Frederic Piquionne, Pablo Barrera and Freddie Sears all going close, while Green was relatively untroubled at the other end.

The Hammers drew Burnley at home in the next round of the cup. Before that they have three crucial Premier League games starting with a trip to Blackpool tonight (Wednesday).

Vice captain bags a hole-in-one

Galf

SOUTH Essex Golf Centre's vice captain is celebrating after hitting an amazing hole-in-one.

Trevor Wright scored his ace on an overcast and windy day during a men's section competition on the very tricky 159-yard par 3 sixth hole.

The 49-year-old, who plays off a nine handicap, hit the ball cleanly with a hybrid club, and the ball bounced twice and rolled into the hole.

It is the second time Wright has hit a hole-in-one and was a great way to end his year as vice captain and herald in his year as captain.

He said: "When I teed off, the idea of hitting a hole-in-one never even crossed my mind.

"I was amazed when my opponent told me what had happened, and I have to admit, my initial thought was whether I had enough money on me to celebrate in the bar afterwards!

"Needless to say, I was also really delighted."

ACE: Trevor Wright (right) with South Essex Golf Centre club captain Geoff Turner.



Essex FA assist with new teams seeking funding

Grassroots Football

CLUBS aiming to develop new youth and adult 11v11 teams are being specifically targeted by the Essex County Football Association.

The Essex FA will assist with applications for 'Grow the Game' funding with the window closing on Monday, February 28.

The £5,000 will only be given to projects that plan to develop two to four new teams and at least one of

which must commence in the 2011/12 season.

Grow the Game started at the begin of the month and hopes to address the decline in teams re-registering for a season.

John Manning, senior football development officer, said: "I'm so pleased we're able to promote this funding opportunity at this time of year and given the context of the football picture last year.

"Following a comprehensive

research study it provided us with a clearer picture of which clubs saw a fall in their numbers, at which age groups, in which areas and what the reasons were. Not surprisingly, given the current economic climate, finances featured in the top five reasons for a lack of affiliation. However, a lack of players and volunteers came out on top."

Essex FA has arranged a special workshop on Monday, February 7, at the County Office, Chelmsford.

Attendees will be walked through the process and given tips about how to structure a strong application with an additional opportunity for questions and queries.

Places at the workshop are limited to one per club, with a maximum of 20 attendees on a first come, first serve basis.

Call John Manning on 01245 393095 or Nick Emery on 01245 393077. For more details visit www.footballfoundation.org.uk

hurrock's good run halted The flash point came in the second Kris Newby gave the Rocks an

Non-League Football

City salvage

CHELMSFORD City stay fourth in Blue Square South after drawing 1-1 at Dorchester Town on Tuesday night.

The Clarets find themselves nine points behind leaders Braintree Town, who slipped up 1-0 at Dartford.

City went behind on 18 minutes through Ryan Moss' goal for the home side, but Glenn Pennyfather's men responded seven minutes into the second half, with Rob Edmans grabbing the equaliser.

Thurrock's good run of form came to an end at Woking, going down 1-0. Elvis Hammond scored the only

Elvis Hammond scored the only goal of the game on the hour mark for the Cards, managed by former Dagenham & Redbridge boss, Garry Hill.

Concord Rangers came back from their 6-1 thrashing at home to Wealdstone on Saturday to win 3-0 at Kingstonian on Monday night in Ryman League Premier.

yman League Premier. Goals from Gary Ogilvie, Lee White and Tony Stokes secured the win.

point while I

A second half stoppage time equaliser from Phil Anderson ensured Billericay Town picked up a great point at Lowestoft Town. Dale Cockrill had put the home side in front.

AFC Hornchurch came from behind to win 2-1 over Margate.

Laurence Ball gave the visitors a 37th minute lead, but the Urchins left it late with Tommy Black equalising on 77 minutes before Lewis Smith grabbed the winner with two minutes remaining.

Aveley's battle against relegation took a blow on Monday night when they lost 2-0 at home to Hendon - Michael Peacock and Greg Ngoyi inflicting the damage.

Midweek action in Ryman League Division One North saw a bad tempered game between lowly Tilbury and Waltham Forest.

Ben Bradbury gave the Dockers a 25th minute lead, which proved to be the winner, which lifted Tilbury away from the drop-zone.

The flash point came in the second half when Forest's Lukman Majeed stamped on Tilbury's Gary Henty who retaliated. Both men received their marching orders.

their marching orders.

Romford took an early lead through Paul Kavanagh against fellow play-off chasers Potters Bar Town.

But the visitors fought back to take the three points with goals from Josh Urquhart, Billy Sentance and Luke Croll.

Two penalties from Ollie Berquez ensured Maldon & Tiptree beat Cheshunt 3-1.

Grant Cooper had initially given Maldon the lead, cancelled out by Cheshunt's Josh Hutchinson.

Brentwood Town also enjoyed a

fruitful night, putting four past Great Wakering Rovers with no reply. Nicky Muir, Jacob Dingli and Ellis

Remy ensured a comfortable victory for Brentwood. In the Saturday fixtures, East Thurrock United suffered a surprise 2-1

home defeat to Heybridge Swifts.

11th minute lead with his 24th goal of the season, but Swifts turned the match on its head in the second with goals from Russell Pond and Luke Callander. East Thurrock lost the lead to

East Thurrock lost the lead to Needham Market who saw off Romford 3-1. Sam Newson scored twice in the first half for the visitors, the latter a penalty, before Matt Toms pulled on back for Boro in the 90th minute.

But Nathan Stone replied immediately for the 3-1 win, to give them a point lead with three games in hand.

Waltham Abbey maintained their play-off hopes with a 2-0 victory over Grays Athletic.

Kieran Ogunkoya gave Abbey the lead on the hour mark, before Tom Laxton rounded proceedings off with a goal in stoppage time.

a goal in stoppage time.
Lowly Redbridge lost 2-0 at home to play-off chasers Enfield Town through goals from Adam Wallace and Jon Moore, while Great Wakering Rovers lost out to a Daniel Brown penalty at Harlow Town.

Rugby Union

Barking head for title and Southend get narrow win

BARKING maintained their unbeaten record in National League One with a 30-5 victory over Redruth on Saturday.

Tries from Kevin Sorrell, Sean Flannery, Aaron Liffchak, Nico Fraser and penalties and conversions from Adam Armstrong made sure Barking picked up the bonus point at the Goresbrook.

Southend bounced back following their defeat at Taunton last week to triumph 27-25 over Worthing in National Two South at Warner's Bridge.

In a tight match, tries from Mike Stanley (2) Nick Grier and Sean Vine, plus kicks from Simon Hoult and Andrew Frost saw Southend edge it and stay in fifth place.

Westcliff were made to work for their 34-5 victory by Eton Manor.

The runaway leaders of London One North have a 14 point lead at the top.

Chingford still have their eye on second place following their 16-11 victory over bottom side Stevenage Town, while Thurrock are just three points behind in fifth after their 15-22 win at Tabard.

Brentwood suffered disappointment, losing 48-17 at Bury St Edmunds, along with Woodford who went down 25-38 to Colchester.

Rochford Hundred moved to the top of London Two North East following their 10-34 win at Ipswich.

The bonus point proved crucial as previous leaders Braintree just saw off third place Romford & Gidea Park 19-17.

Chelmsford must have wished for a better start to the season after they produced another convincing win, this time over Enfield Ignatians by 37-12, while Canvey Island lost ground, narrowly beaten 12-11 at Saffon Walden.

Basildon's chase of leaders Lowestoft & Yarmouth continued in London Three North East, after their 9-27 at former pacesetters Newmarket

They are four points behind the team from Suffolk, who brushed aside South Woodham Ferrers by 31-8.

Wanstead enjoyed a 38-12 victory over Mersea Island, while Upminster lost 29-16 at third place Norwich.

Campion lost 22-13 at bottom side Wisbech, who made up ground on Bancroft following their 35-12 defeat at Wymondham.

Speedway

Hammers help relaunch

LAKESIDE Hammers have teamed up with the Rye House Rockets to re-launch Hackney Hawks back into British speedway.

The Hawks will allow both teams to develop young British talent and have entered a team in the National League for this year.

Lakeside co-promoter, Jon Cook, said: "We expect to stage at least a meeting a month during the season and feel the need to develop young British talent is a duty all clubs should undertake in future seasons.

"I'm sure London fans will be drawn to see the iconic Hawks race jacket in action and help us to continue pressure for speedway to play some part in the Olympic legacy, which of course is on the site of the old Waterden Road Stadium, the former home of Hackney speedway."

of Hackney speedway."

The Hawks were founded in 1963 but closed down in 1983, replaced by the Crayford Kestrels who later became the Hackney Kestrels. They had links to Rayleigh Rockets and Rye House Rockets.

ets and Rye House Rockets.

Rye House owner, Len Silver, who was Hawks' promoter for 20 seasons, said: "I am very excited to be linking with our friends at Lakeside, and I am sure this move will be a great success and a big factor in producing future stars for both of our teams."